

## Back Care - Elements of

**Audience:** All persons, including workers in an industrial or office setting.

**Training Time:** Average - 35 to 70 minutes [NOTE](#)

**Delivery Formats:** Web, CD-ROM, LAN, WAN, [Web-Connected CD](#)

**Product Code:** clmiebca

**Interactive Producer:** Mastery Technologies, Inc.

**Original Content Producer:** Comprehensive Loss Management, Inc.

**Language(s):** English

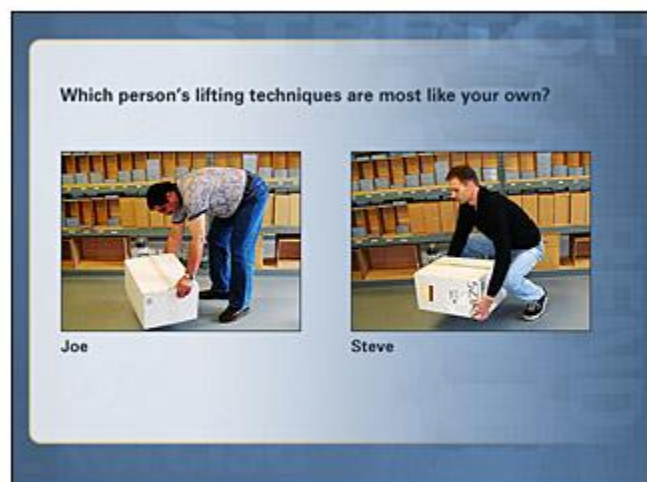
### Overview



This course provides the information needed to understand how the back works in order to avoid injuries. Topics explain how the back works, stretching and exercise, using good body mechanics, and includes a look at real world situations. 32 interactions actively involve the learner in the training. Lesson interactions provide the learner opportunities to apply what he or she has learned. The computer assesses the learner's level of understanding of all learning objectives. When the learner answers a question incorrectly the computer provides remedial instruction and reviews the material until the learner can

answer correctly. All questions in this course are fully narrated. Narrations enhance comprehension and are welcome support for learners with reading skill deficits and when English is the learner's second language.

Mastery's exclusive Follow-up Review, standard in all Mastery Advantage courses, provides time-delayed reinforcement and review of the learner's newly acquired knowledge. The Follow-up Review enhances the transfer of newly acquired knowledge to the learner's long-term memory.



The Learner navigates through the course and its resources using the standard Mastery Control Bar. Course resources include a fully narrated glossary of terms. Each term is pronounced and its definition read aloud to the learner. A topical index provides a complete map to the instructional material. The learner can ask for all course information on any topic at any time during the lesson presentations. A complete transcript of all audio and video files is also provided with this course. Use the transcript file in conjunction with MODIFY to simplify customizations.

Closed Captioning is included.

## Topics

The course presents interactive instruction covering the following topical areas:

### How the Back Works

- America's back pain
- The natural position of the spine
- Reducing the risk

### Stretching and Exercise

- The value of stretching
- The hamstring stretch
- The low-back stretch
- The side stretch
- The quad stretch
- The value of exercise



### Body Mechanics

- Good body mechanics
- The basic principles of body mechanics
- Twisting
- When you are at greater risk of injury

### Real World Situations

- Factors affecting the ability to lift
- Overreaching
- Additional techniques to avoid back injuries
- Poor posture



## **Performance Objectives**

This course will measure mastery on each of the following performance objectives. Upon completion, workers will be able to...

### **Understand how the back works.**

- Agree that 8 out of 10 American adults experience back pain some time in their lives
- State the natural position of the spine.
- Name the three curves of the spine.

### **Recognize how back injuries occur.**

- Identify poor posture and awkward positioning as risks to back injury.
- List the two strategies to reduce the risk of developing back injury.

### **Stretch and warm up before any physical activity.**

- List the enabling learning objectives which can be assessed here.
- List the benefits of stretching.
- Agree to never bounce while stretching.
- Identify a low-back stretch.
- List stretching guidelines.
- Agree that regular exercise helps prepare your body for physical activities required by your job.